

VALLEY WELLNESS CENTER

HAPPY SPRING, MEMBERS!

As we move out of winter and into spring, it's been an exciting and productive start to 2026 at the club. Thank you to all our members for your continued support, feedback, and energy. Here's a look at everything happening at Valley Wellness Center!



Q1 CLUB IMPROVEMENTS

- Expanded our cleaning team and partnered with a professional cleaning company
- Successfully repaired and restored the men's steam room
- Our golf simulator is now fully operational
- Reintroduced the smoothie bar

NEW CLASSES

We have broadened our fitness programs and team to include exciting new options. We now offer Strength & Conditioning classes, TRX sessions, Saturday HIIT workouts, and much more!

EVENT HIGHLIGHTS

We had a wonderful turnout at our couples yoga class led by Donna Youwakim and we're looking forward to our upcoming Easter Egg Hunt with the Easter Bunny on April 4th!



SUMMER CAMP

We're excited to bring back our structured and fun summer camps!

June 15-19, July 13-17 & August 3-7

SWIM LESSONS

Swim Lessons Relunched in March with beginner and intermediate levels. New Level III (Building Skills) class introduced for sessions beginning April 13th!

NOW HIRING

Certified Lifeguards, Certified Aerial Yoga Instructor, Licensed Electrician, and Chiropractor.